



Facilities and Engineering/Environmental Health and Safety Newsletter

Safety Office: (843) 953-4816, 953-6945/Radio: Channel 1 #98 or #99

Date: May 31, 2019

Safety Counter

142

Days Since Last Recordable

(Contusion Shoulder – Grounds 1/07/19)

(Last injury, fall Athletics)

Safety Stats

1	YTD Campus Recordable Injuries
9.6	RIR Rate (Target: 0.00)
8	YTD First Aids & Report Only
1.9	NCAIS Educational Institution Avg.

Days Since Last OSHA Recordable

780	Zone Maintenance
221	HVAC
142	Grounds
>1,095	Paint Shop
>1,095	Electrical Shop
>1,095	Motor Pool
>1,095	Carpenter Shop
454	Machine/Plumbing Shop
574	All Other Campus Departments



From left to right: **CAPT Jeff Lamberson '85** US Navy (UMSC) VP for F&E, **Tom Suitt '74** Senior VP for THS Constructors, **Howard Suitt '48** Chairman/Founder for THS Constructors, **General Glenn Walters '79**, USMC (Retired) President of The Citadel participate in an inspection of the Bastin Hall Business School construction site on Thursday 16 May.



Link to Safety Alerts <http://www.citadel.edu/root/safety-alerts>

Link to Safety Newsletters <http://www.citadel.edu/root/citadel-safety-newsletters>

Campus AED Locations: [http://www.citadel.edu/root/images/environmental health-safety/campus-aed-map.pdf](http://www.citadel.edu/root/images/environmental_health-safety/campus-aed-map.pdf)

Hurricane Season – Named Storms

2018

Alberto	Beryl	Chris
Debby	Ernesto	Florence
Gordon	Helene	Isaac
Joyce	Kirk	Leslie
Michael	Nadine	Oscar
Patty	Rafael	Sara
Tony	Valerie	William

2019

Andrea	Barry	Chantal
Dorian	Erin	Fernand
Gabrielle	Humberto	Imelda
Jerry	Karen	Lorenzo
Melissa	Nestor	Olga
Pablo	Rebekah	Sebastien
Tanya	Van	Wendy

Hurricane Categories

Category 1 – Very dangerous winds will produce some damage (74 – 95 mph)

Category 2 – Extremely dangerous winds will cause extensive damage (96 – 110 mph)

Category 3 – Devastating damage will occur (111 – 129 mph)

Category 4 – Catastrophic damage (130 – 156 mph)

Category 5 – Catastrophic damage (> 157 mph)



Tips to Prevent Workplace Electrical Incidents

- Unplug or switch off electrical appliances when not in use or while cleaning, repairing or servicing.
- Ensure that all electrical appliances are turned off at the end of the day.
- Don't forcefully plug into an outlet if it doesn't fit.
- Refrain from running electrical cords across doorways, under the carpets, or in areas that witness regular activities.
- Maintain a clearance of at least 3 feet from all electrical panels.
- Use only equipment that is double-insulated and properly grounded.
- Don't overload the outlets.
- Ensure that two extension cords are not plugged together.
- Only use electrical equipment that is approved by a national testing laboratory. Buy electrical equipment from trusted electrical liquidators who sell good quality electrical surplus materials.
- Pay attention to the warning signs. Equipment may heat up, spark, smoke or make weird noise; Identify the signs and immediately take it out of service.
- Regularly check for defects in cords and equipment. Report immediately if any.
- Place a cover or guard to exposed electrical components or wires.
- While unplugging, grip the plug and pull. Don't pull the cord from a distance.

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SAFETY PICTURE OF THE DAY



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WHAT TO DO IN CASE OF FIRE OR EMERGENCY IN A CAMPUS BUILDING...

1. Numbers to call in case of a fire or emergency:

A. From a campus (VOIP) phone
- 953-5114 (Citadel Public Safety)
-811 (Citadel Public Safety)

B. From a cell phone
-911 (Charleston 911 Dispatch Center)
-843-953-5114 (Citadel Public Safety)

2. Give the following information:

A. Name
B. Phone Number (Preferably a cell #)
C. Location (Bldg, Room #)

D. Nature of emergency (What is the situation?)
E. Number of Injured
F. Nature of Injuries (How/what is injured?)

DO NOT hang up until told to do so.

3. **ALL PERSONNEL MUST EVACUATE** the building when a fire alarm is sounding. **NO EXCEPTIONS!**

4. Know multiple routes out of your building. DO NOT use an elevator in the event of a fire or emergency.

5. Know where your fire extinguishers are located and what types of extinguishers are available.

6. Only attempt to extinguish a fire if you deem it safe enough and small enough. If in doubt, evacuate.

7. Know where the closest fire alarm pull station is located. Most are located near an exit or door to a stairwell.

8. Consider your co-workers. Provide additional help evacuating to those in need, i.e. injured, handicapped, and elderly.

9. Know where your muster points are located. All facilities should have a primary and alternate muster point to assemble and complete accountability of all faculty, staff and students. Muster points should be far enough away from the building to avoid impeding emergency response vehicles. Primary and alternate muster points should be located away from each other in case one is impacted by smoke, gases, etc.

10. Notify emergency responders of anyone that may still be left in the building and where they may be located.

11. **DO NOT RE-ENTER THE BUILDING** for any reason. Only re-enter the building after being given the **"ALL CLEAR"** by Public Safety and alarms have been silenced.

12. Close all doors in office, administrative and educational buildings after rooms have been evacuated. This is especially important if the room is on fire. Closed doors will help to compartmentalize the building and reduce the spread of fire.

13. Barracks doors will be left open with lights on after evacuation unless the room in question is on fire. That door will be closed. Barracks doors left open are to help assist in the evacuation and accountability process.

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Hurricane Terms

E Z S Q E W O Y W H O S E U D
C V M E I G R G U A E J D I A
E N A N N O R R A V R Q O L M
D T D C S O R U A X I N U J A
V S W I U I L W S P N G I M G
Y I V E C A K C L J U A I N E
L D H A S F T J Y Z N M H S G
A O N M W Y D I O C D L C P F
D E B V P Z V T O B A A T A W
Y R O G E T A C K N T C A G N
F L O O D I N G N L I I W N R
C Q E D U K R Q R I O P Q R Y
M R O T S L P Z S K N O H Q R
W C X F M R Z T U B E R J M S
K N Y B Q E Y E Z F V T T S X

ADVISORY
DAMAGE
HURRICANE
SURGE
WATCH

CATEGORY
EVACUATION
INUNDATION
TROPICAL
WAVES

CYCLONES
FLOODING
STORM
WARNING
WINDS

Summer is just around the corner,
but may seem to be here already

Common Signs of Heat Stress

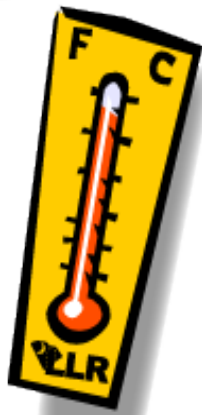
Heat Cramps – Painful muscle spasms, usually in the legs or abdomen, heavy sweating.

Heat Syncope – Temporary loss of consciousness, blurred vision.

Heat Exhaustion – Pale and clammy skin, possible fainting, weakness & fatigue, headache, nausea, dizziness, heavy sweating, exhaustion, blurred vision, body temp slightly elevated.

Heat Stroke – Cessation of sweating, skin hot & dry, red face, high body temperature, unconsciousness, collapse, convulsions, confusion or erratic behavior, life threatening condition – EXTREMELY SERIOUS.

PREVENT HEAT STRESS



First Aid for Heat Stress

Heat Cramps – Salt water intake, electrolyte drinks, rest in cool environment.

Heat Syncope – Water intake, lie down in cool environment.

Heat Exhaustion – Move patient to a cooler place, if conscious give small amounts of cool water to drink, remove or loosen tight clothing, apply cool wet cloths or towels to skin, watch for changes in condition, call 911 if patient refuses treatment, loses consciousness or starts vomiting.

Heat Stroke – Immediately move patient to a cooler place, quickly cool body by removing or loosening tight clothing, apply cool wet cloths or towels to skin, apply ice or cold packs wrapped in a cloth to wrists, ankles, groin, neck or armpit, call 911 immediately for transport to ER – EXTREMELY SERIOUS CONDITION.

What constitutes an OSHA recordable injury?

In order for an injury or illness to be recordable, it must be work-related. An injury is considered work-related if an event or exposure in the workplace caused or contributed or significantly aggravated a pre-existing condition.

Generally, a recordable injury or illness under OSHA is defined as one that requires medical treatment beyond first aid, as well as one that causes death, days away from work, restricted workdays, and transfer to another job or loss of consciousness.

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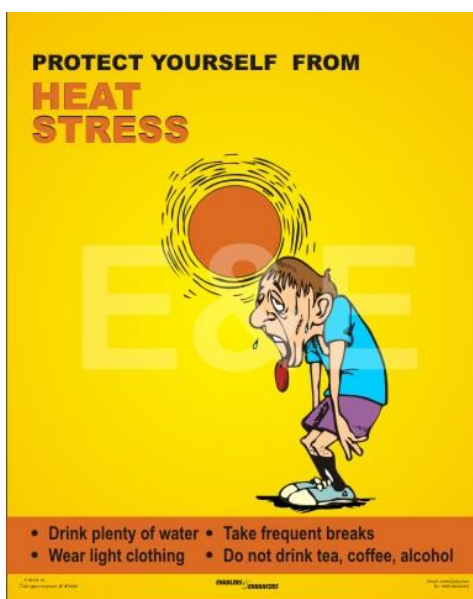
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Heat Index Chart Helps Determine Heat Index based on Relative Humidity and Temperature

Relative Humidity (%)	temperature (°F)															
	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Caution
 Extreme Caution
 Danger
 Extreme Danger



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Contact: Helen Ballestas
(hballest@citadel.edu) for
details. Fall classes: 11/15/19 – 8
am to 10 am and 11/18/19 3pm
to 5 pm.



SAVE A LIFE



AMERICAN COLLEGE OF SURGEONS
Improving Quality
Highest Standards, Better Outcomes

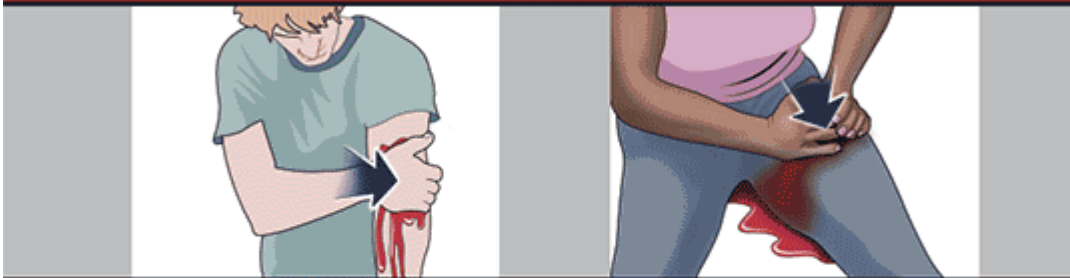


THE
COMMITTEE
ON TRAUMA

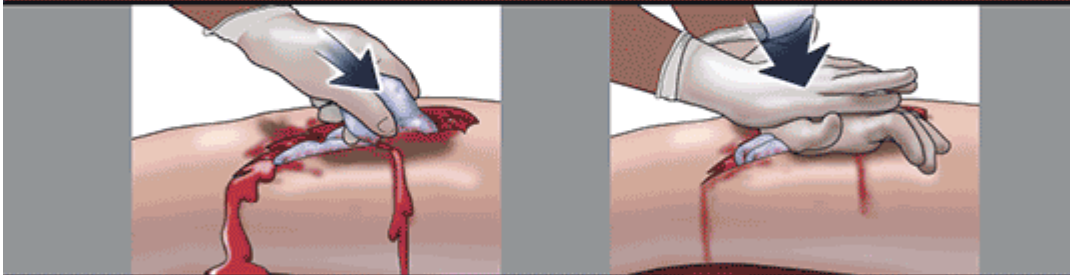


BLEEDINGCONTROL.ORG

1 APPLY PRESSURE WITH HANDS



2 APPLY DRESSING AND PRESS



3 APPLY TOURNIQUET



WRAP

WIND

SECURE

TIME

CALL 911

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